



Oregon Psychological Association

Continuing Education Workshops

December 6, 2019

Introduction to Psychedelic-Assisted Psychotherapy

Presented by Erica Zelfand, ND

Providence Portland Medical Center
4805 NE Glisan St., Portland, OR 97213
Amphitheater, First Floor, Cancer Center Building

Registration 9:30 am – 10:00 am • Workshop 10:00 am – 5:00 pm
With one hour for lunch (*provided*) • 6 CE hours • CE credit level 2

Workshop Description

Appearing in both medical journals and pop culture magazines, psychedelic medicines are making a comeback. For the first time since the Hippie Generation, consciousness-altering substances like LSD (“acid”), psilocybin (“magic mushrooms”), MDMA (“ecstasy”), and ketamine (“special K”) are being studied as novel breakthrough therapies for a host of mental health conditions – including treatment-resistant depression, anxiety, PTSD, social anxiety in those on the Autism spectrum, addictions (including substance use disorders), and beyond. In this workshop we will explore the emerging clinical data on these substances and consider their unique properties as powerful adjuvants to psychotherapeutic counseling. The basic (known) pharmacology of common psychedelics will be reviewed, including how they interact with antidepressants and other common medications. General guidelines for safe use – in both recreational and therapeutic settings – will also be discussed, along with the potential risks and pitfalls of using these substances. An exploration of counseling approaches that work particularly well in concert with these medicines will also be offered. As with every presentation given by Dr. Zelfand, this one promises to be packed with evidence-based information, engaging, funny, and entirely off-the-beaten-track. Note: this workshop is meant as a primer for practitioners; it is not a comprehensive training program.

Workshop Objectives

- At the completion of this workshop, participants should be able to:
- Summarize the cultural and legal history of psychedelic medicine in the United States
- Summarize the legal parameters of psychedelic healing and describe the FDA’s Expanded Access program for MDMA
- Discuss the known mechanisms of action of various “classic” psychedelics, MDMA, and ketamine
- Explain some of the recent clinical trials and other research done on each of these substances
- Recognize which substances are better for which types of patients/conditions
- Identify what types of situations/patients are *not* suited for psychedelic healing
- Prepare an optimal environment for entheogenic exploration
- Summarize the basics of post-journey integration
- Respect the role of non-directive therapy as a vital part of psychedelic healing and practice using some of these skills

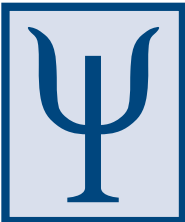
About the Presenter



Dr. Erica Zelfand is an integrative family physician, medical writer/editor, and teacher. She works with clients of all ages and is deeply committed

to a patient-centered, root-cause-oriented, nature-honoring approach to healing. Dr. Zelfand was one of the nation’s first providers to pursue

above-board training in MDMA-assisted psychotherapy with the Multidisciplinary Association of Psychedelic Studies (MAPS) and is an ongoing volunteer sitter, medical lead, and workshop co-facilitator with the Zendo Project, a psychedelic harm reduction group. She particularly enjoys writing about the clinical relevance of entheogenic medicine and presenting to audiences of all sizes worldwide.



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Workshop Outline

1. History and introduction to psychedelics
 - a. Brief history of psychedelic exploration
 - b. History of legality from the 1960's to today
2. The "classic" psychedelics
 - a. Pharmacology and proposed mechanisms of action of classic psychedelics
 - b. Psilocybin
 - i. Origins and applications
 - ii. Review of recent clinical trials
 - c. LSD
 - i. Origins and applications
 - ii. Historical use, clinically, and why we don't have good recent studies
 - d. Ayahuasca
 - i. Origins and applications
 - ii. Review of recent clinical trials
 - iii. Ethics: cultural appropriation of ayahuasca
 - e. Iboga
 - i. Origins and applications
 - ii. Review of recent clinical trials
 - iii. Ethics: cultural appropriation
3. MDMA
 - a. Pharmacology and proposed mechanisms of action
 - b. Overview of post-traumatic stress disorder
 - c. Review of recent clinical trials and clinical applications
 - i. MDMA as treatment for PTSD
 - ii. MDMA for social anxiety in adults on the Autism spectrum
 - iii. MDMA for couples therapy
 - d. Risks of use
 - i. Psychological risks
 - ii. Physiological risks
 - iii. Drug interactions
 - e. Expanded access program
4. Counseling tools
 - a. Introduction to non-directive therapy
 - b. Introduction to internal family systems (IFS) therapy
 - c. Group activity: skills practice with sample cases
5. Ketamine
 - a. Pharmacology and proposed mechanisms of action
 - b. Benefits of ketamine over common antidepressant medications
 - c. Review of recent clinical trials using ketamine to address treatment-resistant depression
 - d. Various dosing protocols and how to incorporate each into psychotherapy
6. Optimizing outcomes:
 - a. Set, Setting, and Beyond
 - b. Preparing the patient for psychedelic exploration
 - c. Psychedelic integration and spiritual emergence
 - d. "Frequent fliers" and handling frequent psychedelic use
7. Who should *not* use psychedelics?
8. Legality
 - a. DEA scheduling
 - b. The cost of psychedelic research
 - c. Ethical quandaries of psychedelic exploration

The Benefits of Membership - What OPA Can Do for You!

Connection | Collaboration | Advocacy Continuing Education

The Oregon Psychological Association (OPA) is a professional not-for-profit association whose purpose is to advance psychology as a science and a profession in order to promote human knowledge and welfare, to foster and maintain high standards of practice and to make information available about psychology. OPA is comprised of psychologists and associates that advocate for psychology on local, state and national issues affecting both the profession and the world we live in. OPA functions through the active volunteer work of our membership.

OPA Member Benefits Include:

- Top quality continuing education opportunities featuring nationally known speakers, as an APA approved sponsor
- Complimentary legal consultations
- Complimentary ethics consultations
- Complimentary diversity issue consultations
- Complimentary colleague assistance consultations
- Web based referral program
- Powerful legislative advocacy
- Director of Professional Affairs
- Access to colleagues via our email listserv for networking and information sharing
- On-line membership directory for networking and referrals
- Annual conference
- Networking and practice building opportunities
- Involvement on OPA committees
- Newsletter with quality and timely information regarding the profession
- Public outreach highlighting psychology and what psychologists do
- Relationships with the American Psychological Association and the Oregon Board of Psychologist Examiners to address issues in the profession of psychology
- Discounted rates for OPA events
- Diversity through regional chapters and town hall meetings

OPA 2019-2020 WORKSHOP REGISTRATION FORM

Registration Information

- ✓ Payment must accompany registration.
- ✓ Registration fees will not be refunded for cancellations as of one week prior to the scheduled event or for no-shows at the event. Prior to that, a \$25 cancellation fee will be assessed.
- ✓ Space is limited. Early registration is encouraged. In the event that room space becomes filled to capacity, some registrants will not be able to be accommodated.
- ✓ Speaker handouts (if applicable), beverages, and networking lunch (6 hour workshops only), are included in the fee for the workshop.
- ✓ In the event of inadequate registration, weather problems or other events beyond OPA's control, a workshop may be cancelled. Should this occur, an attempt will be made to contact all registrants and fees will be refunded.
- ✓ OPA understands that many attendees are allergic or sensitive to chemicals in aftershaves, colognes and perfumes. OPA requests that attendees refrain from wearing artificial scents of any kind when attending an event. Thank you in advance for your understanding and cooperation.
- ✓ There will be no reduction in fees or letters of completion given for partial attendance.
- ✓ Mail your registration to: OPA, 147 SE 102nd Ave., Portland, OR 97216 or FAX to 503.253.9172, or register online at www.opa.org. Due to credit card security policies, we cannot accept emailed registrations.
- ✓ Confirmation letters will be sent via email only.
- ✓ Questions? Call the OPA office at 503.253.9155 or 800.541.9798, or via e-mail at info@opa.org.

Please complete all information below (Please check the workshop(s) you would like to register for):

- Dec. 6, 2019** (Early Registration Date: November 22, 2019)
Introduction to Psychedelic-Assisted Psychotherapy

SELECT YOUR REGISTRATION CATEGORIES

Registration includes: Speaker handouts, beverages, and networking lunch (6 hour workshops only).

6 Hour Workshop Fees

Discounted rates are on or before early registration date (see above for dates)

Regular rates are after early registration date (see above for dates)

- OPA Member Registration** \$175 early or \$195 regular
- Non-Member Registration** \$225 early or \$245 regular
- OPA Service* or Life Member Registration** \$125 early or \$145 regular

*Committee and board members currently volunteering service to OPA.

Please list the committee or position below.

"I serve OPA as _____"

- OPA Student Member Registration** \$75 early or \$95 regular
- Student Non-Member Registration** \$90 early or \$110 regular

Please provide proof of full-time enrollment.

REGISTRANT & PAYMENT INFO

First Name: _____ Last Name: _____ Designations: _____

Are you a psychologist? yes no

Mailing Address: _____

City: _____ State: _____ Zip: _____

Business Phone: _____ Fax: _____

E-mail: _____ Special needs: _____
(Required) (ie: vegetarian entree, handicap access, etc. Requests must be made a minimum of 72 hours in advance of the event.)

Payable by check, cash or credit card in US Funds only.

Please charge my VISA MasterCard American Express Discover in the amount of \$ _____

Card Number: _____ Expiration Date: _____

Name on Card: _____ Signature: _____

Credit Card Billing Address: _____ CVV# _____

City: _____ State: _____ Zip: _____

Email Receipt to: _____

Registrant agrees to grant OPA and Update Management the right to photograph or video Registrant during participation in the event. Registrant understands that any photographs or recordings may be used by OPA and Update Management for marketing and promotional purposes, at their sole judgment and discretion, without compensation or credit to Registrant.

Due to credit card security policies we cannot accept emailed registration forms with credit card information
Mail your registration to: OPA, 147 SE 102nd Ave., Portland, OR 97216, or FAX to 503.253.9172, or register online at www.opa.org
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